

Guided Meditation Scripts

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Guided Imagery Guided Imagery Meditation, Johns Hopkins All Children's Hospital.

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Waterfall Meditation - Guided Imagery to Refresh Yourself By Inner Space: <http://www.innerspace.org.uk> Unwind and relax with this visualisation: Imagine standing under a waterfall.

Mindfulness Guided Meditation - 5 Minutes This is a mindfulness video that is a **guided meditation** by Dr. Robert E. Dinenberg and has been layered with ocean waves.

15 Minute Guided Imagery Meditation Exercise | City of Hope Guided imagery meditation exercises help reduce anxiety, stress, fatigue, restlessness, difficulty sleeping and physical discomfort.

Guided Imagery for Relaxation This **guided imagery** video was created by headache specialists at Children's Mercy Hospital, together with Bazillion Pictures, Inc.

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